



T H E

NEW

FILLMORE

Volume 1

Number 11

March 1987



—Ginny Lindsay photo

- S.F. Film Festival Opens its Gala on Fillmore Street
- Looking at Leon's
- Great Fillmore Interiors

Fall fair planning off to early start as merchants meet

The permit from the city for next Fall's Fillmore Street Fair has already been secured by the Fair's organizer, The Pimsleur Group, over some initial objections by local merchants which have since been withdrawn.

Officers and committee members of the Fillmore St. Merchants and Improvement Association were ruffled that Pimsleur Group's Terry Pimsleur had not sought their advice and consent in applying for the permit, and a delegation was sent to the permit hearing to voice their concerns. Pimsleur apologized, however, for failing to contact the merchants

and cited a \$9,000 loss on last year's festival, and the objections were withdrawn. The fair will take place this year on Saturday and Sunday October 10 and 11, and will extend an additional block south from Clay to Post Street. Last year's fair ended on Sutter.

The merchants hope to have greater input into the planning this year and to date have drafted Rory Ward and Rich Kaplan to serve on the planning team. A meeting with Terry Pimsleur took place several days after the merchants meeting and Rick Kaplan commented, "We all sat down for an informal 'give and take,' discussing what happened last year. The Resolving differences:

atmosphere with Pimsleur and her associates was very open and they seem anxious to get going with enlisting sponsors for the event and lining up entertainment."

Kaplan, reporting on some new ideas that were tossed around with the Pimsleur group to improve this year's fair, mentioned the possibility of utilizing the main stage area between California and Sacramento streets exclusively for area merchants to "hawk their wares," and to allow Fillmore restaurants to serve directly from their kitchens to customers on the street, without having booths.

WANA meets March 25

The Western Addition Neighborhood Association will meet at 7 pm Wednesday, March 25, hosted by 2000 Post Street, which will be providing wine and hors d'oeuvres for the occasion, held at their fitness center at poolside.

The primary purpose of the festive occasion will be to elect new WANA officers from the slate provided by the organization's nominating committee. Members of the public are invited to come and get acquainted with the organization's purpose and membership. Anyone wishing further information may call Brett Gladstone at 567-2171.

Health club hosts personal safety series

At a time when violent crime seems to be on the increase in the neighborhood, The Pacific Heights Health Club is sponsoring a personal safety series for men and women on three consecutive Saturday mornings March 14, 21 and 28. The six hour workshop will be held in three two hour sessions from 11 am to 1 pm on each of the Saturdays. The program has been developed to teach participants how to deal with all types of violent behavior including rape, muggings, and aggravated assault. The course is being offered by Bill Dewart, Director of the Academy of Tae Kwon Do, an Oriental martial art. Cost of the series is \$40 for the three Saturdays. Further specifics on the workshop can be obtained by contacting Dewart at 864-4827.

Course offered in do-it-yourself diplomacy

Tired of the way the State Department is doing things? Had it up to here with the NSC? The Center for U.S.-U.S.S.R. Initiatives at 3228 Sacramento Street is offering a Citizen Diplomacy Training Seminar March 21 and 22 which will allow you to become your own knowledgeable citizen ambassador to the Soviet Union.

The Center, which has been responsible for over 40 groups of citizen diplomats traveling to the U.S.S.R. in the last three years, will offer its expertise gleaned from having worked with many levels of the Soviet society, from Communist party members in the institutes and

Three different neighborhood disputes resolved by community board

Spats, squabbles, disagreements, fights, arguments...just part of life in the New Fillmore? Not if you take advantage of the free conflict resolution service provided in the New Fillmore neighborhood by Community Boards, whose trained volunteers help their neighbors resolve the problems of everyday life.

Each of Community Boards' three field offices serves a specific part of San Francisco. The Fillmore Office, at 890 Hayes Street, also helps people in the Tenderloin and Chinatown, as well as in the Western Addition and Pacific and Presidio Heights...all the way out to Ocean Beach. From such a diverse service area, people call Community Boards with all kinds of disputes, from landlord-tenant difficulties to problems with pets. Here are highlights of some of the most difficult conflicts resolved by Fillmore Office volunteers and staff during the last few weeks.

Two young men in Japantown fought about gossip and rumors. One youth pressed charges because he was afraid of being assaulted by the friends of the other. At the court hearing, Public Defenders Office Attorney Susan Rutberg suggested they call Community Boards for help. During the conciliation hearing, the first youth was able to talk openly about the fears which led him to call the police. As they talked with each other,

with the help of the panel, he realized that the second youth did not intend to assault him, nor was he enlisting his friends to gang up on him. As part of the resolution of their conflict, charges were dropped, and both youths felt they could be friends again.

A married couple in the Western Addition decided to share their apartment with a new female roommate, because of a recent rent increase. They all got along well for several months, until the wife began to suspect 'hanky panky' between her husband and the new tenant. The wife got angry, threw the woman out, then changed the lock on the front door before she could remove all of her belongings. Left behind were the textbooks she needed to finish her college course toward certification as a Licensed Vocational Nurse. The wife held the textbooks hostage, asking for \$1000 to ease her hurt feelings and make up the rent deficit caused by the move.

The second woman asked the police to accompany her to retrieve the books, but they refused, because they had no search warrant.

Continued on page 20

Neighborhood digs featured in college course

Several neighborhood houses will be prominent in a free class called "Looking at Victorian Homes in San Francisco," which will run eight Tuesdays from 10 am to noon beginning March 17.

The class, sponsored by San Francisco Community College's District Mission Center and taught by Judith Lynch, co-author and editor of several volumes on Victorian houses, will have four slide lectures and four field trips, including excursions into our neighborhood.

Registration is at the first class, 10 am Tuesday March 17 in room 821 of the Downtown Community College Center, 800 Mission at 4th Street. Anyone wishing further information can call Gerry Murphy Mondays through Thursdays at 648-5866.

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INSIGHT THE FILLMORE

by Anne Coffelt

How do you feel about the Film Festival coming to the neighborhood?

The International San Francisco Film Festival is coming to the Fillmore. Beginning March 25, a majority of film screenings and Festival activities will take place at the Kabuki 8 Cinema Complex at Post and Fillmore Streets. Prepare to hobnob with the international film set. Get out your tuxedos, polish up your French, Italian and Russian, buy those Hollywood sunglasses, dust off your 7th grade autograph book and **GO TO THE FILM FESTIVAL!** Or, as the famous neurotic mother so often told her prodigal son in Tennessee Williams' play, The Glass Menagerie, "Go to the movies!"

Maurice Hudson

Usher at the Kabuki Complex
Resident: Bridgeview/Revere
Yolanda Anne Brown
Usher, Kabuki Complex
Resident: Buchanan/Grove



Maurice: "I'm looking forward to meeting a lot of new people and the opportunity to work more hours. This will be my first festival and I'm excited to both work in it and see it. I believe there will be a lot of people from the neighborhood coming to the festival." **Yolanda:** "When the Film Festival comes, there will be a great deal of publicity and attention on the Kabuki. For those who haven't heard about the Kabuki, they will find out where it is and how nice the theater and the people who work here are. Personally, it will give me a chance to see the 'art' or foreign films, which I love."

Andre Rozen

Film Student,
SFSU
Resident: SOMA
Tina Fallani
Video/Film Editor
Resident: SOMA



Andre: "I'd like to see good films and I would like to see some Russian films. I know some Russian people are coming. In fact, I might be volunteering to work with this Russian group, if I get a job as an interpreter. I'd like to see more films from the European market, because they don't get here very often, this market is pretty closed. I don't really care for purely experimental filmmaking, I like to see films that do make it big, but as an alternative to the commercial way of making Hollywood films." **Tina:** "Like the film we saw tonight, 'Around Midnight', a big film, a commercial film, but it's done with different criteria."

Adam Cortese

Former Bartender
Resident: Pine/Steiner
Loretta Chee
Fortune Cookie Maker
Resident: Bush/Webster



Adam: "This is the first I've heard about the Film Festival coming to the neighborhood. The Festival itself, should present an opportunity for film directors and producers from other countries to express their work and their craftsmanship and to become profitable in the world of film."

Loretta: "For me it's just purely entertainment, I love going to see movies, but that's about it, I don't know how to critique them. To me a good film is like reading a good book, but I think it's great that the festival is coming to the neighborhood."

Essie Collins

Real Estate Developer
Resident: Broderick/Eddy
Vera Clanton
Business Entrepreneur
Resident: Laurel Hgts.



Essie: "The Festival should be representative of the different ethnic groups that live in San Francisco. It should have films that are educational and informative...something for everyone, not just one group. Be sure and tell the Kabuki management that they should have an open house party for the neighborhood during the Festival." **Vera:** "The Film Festival should be multi-cultural, especially since it's going to be here in the neighborhood, because all the cultures are right here. This is a good neighborhood and the Kabuki is a beautiful place to have the festival."

amc KABUKI 8 C I N E M A S

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International
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Clinton Chevron's Care Care Tips

by Jane Clinton

Keep the power in your power steering

If ever you have tried to steer your car without the power steering, you quickly realize the importance of this system which so easily enables you to direct the movement of your auto from one place to another.

This system consists of a reservoir, a pump, and high pressure hoses which direct the fluid to the steering gears, rack-and-pinion units and power cylinders; it then circulates back to the pump.

Difficulties can occur from broken belts or leaks, either in the hoses or at the seals. If you hear a humming noise when turning your wheels, if steering seems difficult, if you see a telltale puddle beneath your car, or if you frequently have to add power steering fluid, it's time to come in for a check-up.

Power steering fluid level should be checked when you check your motor. There are different kinds of power steering fluids for different cars, so check your owner's manual.

If a new car is in your future, some 1988 models will be equipped with electronic steering which will require less maintenance and improve gas mileage, in addition to giving superior steering control.

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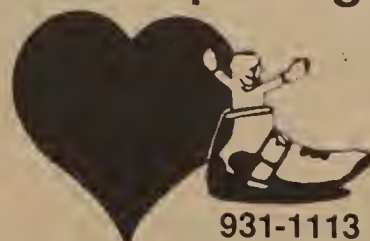
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Community event: snagging a big film fest

San Francisco Film Festival opens in the New Fillmore

The San Francisco Film Festival will celebrate its 30th anniversary this year by making Fillmore Street's new Kabuki 8 Theatre at Post and Fillmore the center of the event and the stage for the opening night gala.

The festival, which had previously been centered around the Palace of Fine Arts Theater, has chosen Kabuki 8 Theatres as the prime location due to its many separate film auditoriums. Although certain large-capacity events will still be held at the Palace of Fine Arts, four Kabuki 8 auditoriums will be employed simultaneously, offering greater viewer choices and back-to-back screenings, according to Larry Whittenberger, Kabuki's general manager.

"Last year, the film festival was spread out over seven or eight theaters," he says, "by involving the Kabuki 8 Cinemas, viewing now takes place at just three cinemas—here, the Palace of Fine Arts, and the Pacific Film Archives in Berkeley." (There is also one special event showing at the Castro.)

The young Whittenberger was in fact instrumental in the shift of the Festival's center of gravity from The Palace in the Marina to the Kabuki 8. Prior to opening the Kabuki late last year for American Multi Cinema, he had been general manager for AMC's Houston and Dallas theaters, and hosted the film festivals for both of those cities. So when he came to San Francisco he was more than eager to add the prestigious San Francisco Film Festival to AMC's roster.

Also anxious to stir up word-of-mouth excitement in Kabuki's kick off film last December, he invited the 1500 San Francisco Film Festival members to a special prescreening. At the event he made a pitch to Festival Director Linda Cohen on the Kabuki's obvious strengths as a focus for the film festival. The pitch made a hit.

30 Years Old and Hitting Its Stride

Consolidation of viewing areas, more varied films, and an expanding membership are not bad 30th birthday gifts for America's First Film Festival—the icing on this cake appears to be fiscal solvency; this year the festival will be in the black for the first time in over a decade. With a rise to over 1500 members—up from 1000 a year ago—they are expecting record attendance this year. In fact, due to last year's turn-away crowds at Berkeley's Archive Theater, the Archive will present the Festival's films in the 700 seat UC Wheeler Auditorium.

The festival extravaganza starts off Wednesday, March 25 with an opening night gala. Local Italian gourmet shop and restaurant Vivande will be catering the champagne reception that starts at 7:00 p.m.; at 8:00 p.m. the film fest presents 84 CHARING CROSS ROAD, a Bay Area premiere starring Anne Bancroft and Anthony Hopkins in a "sweetly civilized romance between two transatlantic correspondents who never meet," based on the book by Helene Hanff, and directed by David Jones (Betrayal).

Approximately a dozen programs each will be devoted to comedies, films by women, documentaries, and new work from Asia, England, Latin America, France and Germany. Major series include works by black directors from Africa, England, Curacao and the United States. Seven films from the Soviet Union (five of which were banned until recently) will be featured which represent the recent changes in that nation's film industry. Ilexi Gherman, in his first visit to the United States, will present his latest film, MY FRIEND IVAN LAPSHIN, and three earlier works.



Anne Bancroft stars in "84 CHARRING CROSS ROAD" the film featured at the March 25 opening night gala of the San Francisco Film Festival at the new Kabuki 8 Theatre at Post and Fillmore. The festival, which is celebrating its 30th year, is the oldest film festival in the Bay Area, and has chosen this year to make the Kabuki and the New Fillmore Area the center of its ten days of activities.

The major way the 1987 festival tries to achieve broad appeal is to provide variety. One portion of this year's program highlights an unusually large number of comedies—examples being PERSONAL SERVICES, Terry Jones's first non-Monty Python story of the travails of running a middle-class brothel in a London suburb; A VIRUS RESPECTS NO MORALS is a West German irreverent satire of the AIDS crisis; even the zen of noodle-making gets treated in TAMPOPO, by Japan's Juzo Itami.

Two animated features, Cuba's VAMPIRES IN HAVANA, which is Juan Padron's metaphorical tale of politics, plus a series of shorts entitled MINDING THEIR Q's AND K's or: 'What the Brothers Quay and Keith Griffiths are up to in the Mysterious Atelier Koninck,' by Britishers Quay and Griffiths, add another element to the wide-ranging topics addressed this year.

More documentaries than ever before are offered, ranging from the politics of NATO as remembered by eight retired Generals, to the delights of ethnic music in MACHITO, A LATIN JAZZ LEGACY. The Independent Feature Project/Northern California collaborates with this year's festival to offer a documentary production seminar entitled "Creative Funding, Creative Cutting" on April 2.

One portion of the ten-day program is devoted to archival restorations of old classics, including a fully restored print of NOSFERATU from the Munich Film Museum, with the original color tints and the main musical themes from Hans Erdmann's lost original score. It will be presented Saturday, April 4th in a special showing at the Castro Theater, accompanied by their theater organist.

Actor tributes this year include Fred MacMurray and a revival of his film, SWING HIGH, SWING

LOW (1957) plus clips from other films and his television series, 'My Three Sons;' a tribute to Joseph Cotton features David O' Selznick's PORTRAIT OF JENNIE (1949) plus other film clips. Both events are at the Palace of Fine Arts.

Still, most of this festival is dedicated to discovering the new—from the 'next wave' generation of Asian films from Japan, Hong Kong and many from China, to works imported from Italy, Poland and Yugoslavia, plus the Danish expressionistic winner of the 1986 Best Danish Feature Film, 'THE DARK SIDE OF THE MOON.' One of the films the 1987 festival will screen is winner of the "Camera d'Or" for Best First Film at Cannes last Spring, BLACK AND WHITE, by French director Claire Devers.

Perhaps the most awaited film is the closing work slated for the festival finale, PRICK UP YOUR EARS by Stephen Frears, director of last year's surprise hit, MY BEAUTIFUL LAUNDERETTE. The darkly comic, tragic story of London playwright Joe Orton (played by Gary Oldman of SID AND NANCY) and his husband Kenneth Halliwell (Alfred Molina) encompasses their hilarious, prickly beginnings as co-authors and jail-mates, downspinning into murder and suicide. Vanessa Redgrave appears as their theatrical agent Margaret Ramsay.

The 1987 festival is showing over 100 films, up from about 80 last year. Over fifty filmmakers are expected to attend the presentations of their films, and free screenings and seminars will be offered on a regular basis. Also free is a special pre-Festival event honoring winners of this year's Golden Gate Awards competition—the competition attracted almost 700 entries from 15 countries—including shorts, documentaries, television product-

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Crime Watch

by Officer
B. Vigil
(Northern
Station.)

From February 1 through February 27 from Geary to Vallejo and Steiner to Van Ness, in that part of our neighborhood covered by Northern Station, there were no homicides, 1 rape, 12 robberies, 9 assaults, 35 burglaries, and 59 thefts, including 15 auto thefts.

From Steiner to Presidio and Geary to Broadway, which is that part of our neighborhood covered by Park Station, Officer Mike Gannon reports that there were no homicides or rapes, 5 robberies, 9 assaults, 22

burglaries, and 23 thefts, including 8 auto thefts.

Unfortunately, and for whatever reason, crime is on the increase in The New Fillmore. In that part of our neighborhood covered by northern station, There were 5 more robberies and 15 more burglaries during February than during the same period last year. We want to remind everyone to be watchful and careful, for your safety and for the safety of your friends and neighbors. Be careful out there!

Among the more serious crimes in our neighborhood during the month of February:

KIDNAP/RAPE

At approximately 9 p.m. on February 5 a woman was grabbed from behind while entering her doorway on the 1700 block of Fillmore. She was forced into a vehicle, where one of five suspects punched her in the head,

knocking her out. She awoke in a house at an unknown location where four out of five of the suspects raped her after she put up a struggle. The victim reports that the suspects stripped her of her clothes and left her in an unknown part of town, "a rich area with Victorian houses", where she rang several doorbells looking for shelter.

ARMED ROBBERY

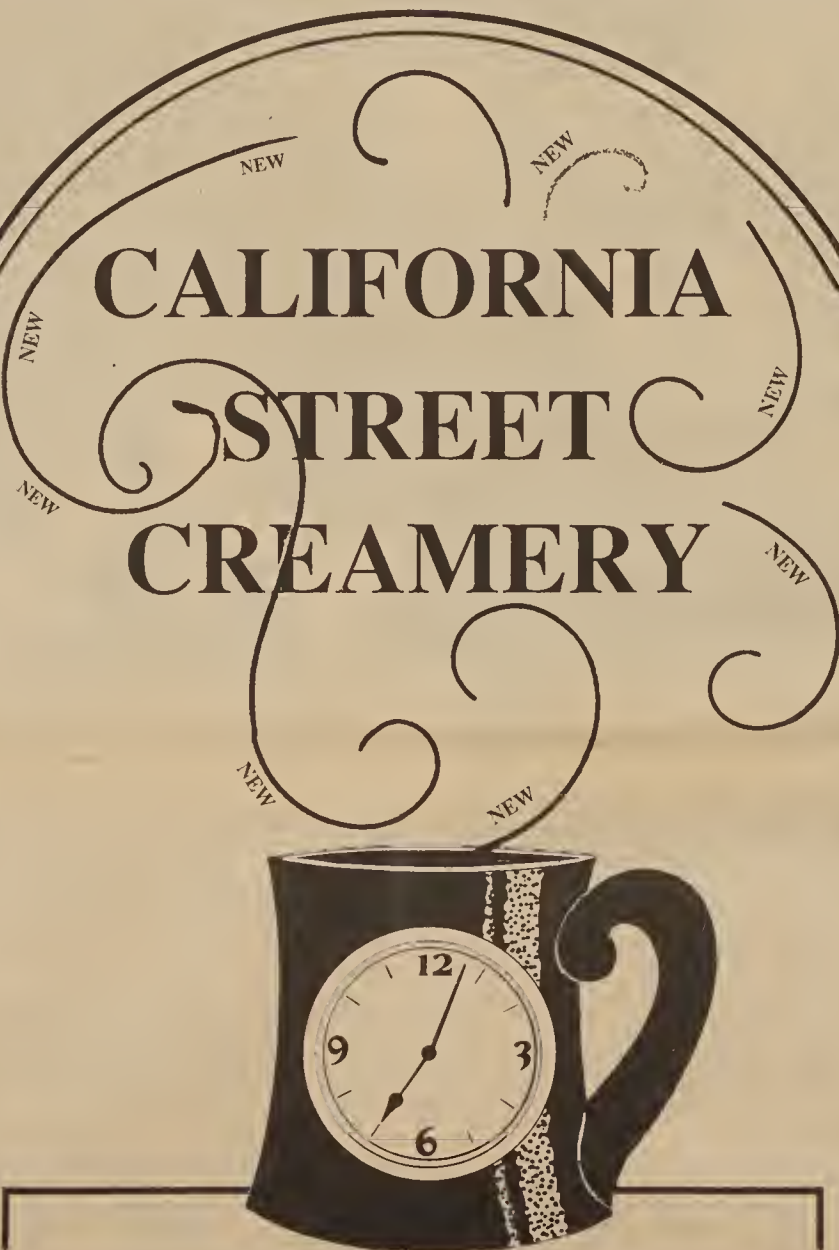
At approximately 9:20 p.m. on February 13 a suspect entered Baskin Robbins Ice Cream at 2216 Fillmore. He reached inside his coat, pulled out a silver-colored .45 automatic pistol, pointed the gun at the clerk and said "Give me all the money". After the clerk complied, the suspect fled south on Fillmore Street.

ARMED ROBBERY

At approximately 3:15 p.m. on February 1 two suspects knocked on the door of the cashier's office at Presbyterian Hospital just after the cashier had closed the window to count the day's receipts. When the cashier answered the door, the suspects stepped inside, and one suspect produced a revolver and told the cashier to go over to the walk-in safe. The second suspect, who also had a revolver, told the cashier to lie on the floor. Suspect #1 then produced a plastic bag and began taking the money from the vault area of the safe and putting it in the bag. After taking the money, the suspects stuffed the cashier into a cabinet and told him not to leave. The suspects then fled the cashier's office with the hospital's money and the cashier's leather jacket.

ATTEMPTED ARMED ROBBERY

At approximately 11:45 p.m. on February 24 a woman was entering her vehicle parked at 2323 Sacramento Street when she was approached by a suspect brandishing a 14" kitchen knife. He forced her to kneel beside her car while he searched her pockets. After finding no money in the victim's pockets, he demanded money. The victim told him that her purse was in the car, but instead of stealing anything from the car the suspect fled on foot. Ten minutes later, at 11:55 p.m., officers responded to a report at the intersection of Sacramento and Buchanan that a suspect was attempting to open a door to a building there. At that time the officers had no knowledge of the previous attempted armed robbery, but later it turned out that the description of the second suspect matched the description of the first suspect.



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house at twelve..."*

—(1920's Blues Tune)

Barbecue. You think juicy, hot, earthy, succulent. It's sexy food, homey stuff that anyone with a hearty appetite can enjoy, preferably not dressed for success. Barbecue is food of the people, American regional cooking that reflects the personality of the chef rather than the area. And considering the success of Leon McHenry, whose three San Francisco restaurants have become famous for barbecue, and whose special bottled sauces are now in grocery stores throughout the Bay Area, the personality is a winning one.

I've been a fan of Leon's for years, so it's fortunate that I live up the alley from his Fillmore Street location.

Every day, if I wander down Fillmore between Bush and Pine, between 11:30 a.m. and maybe 3:30 p.m., I get a hit of what I call "pork nose", or "barbecue beak". The air is so rich with meaty aroma it seems that the smell alone would stop traffic. Once you walk into Leon's, the essence of barbecue is as all-enveloping as an electric blanket. Sensual. Comforting. Something you go back for again and again.

The success of any restaurant is as much dependent on repeat business as on excellent food. Leon, who is one of the few merchants to survive the transition from the old Fillmore to the newer, gentrified neighborhood, has beefed up a solid following in the eleven years he's had his doors open at number 1913 Fillmore Street. Which is one reason why he's been able to stay in business when the other three or four barbecue spots that used to pepper the street have long since closed.

Success also comes to those who give their all to their endeavors. This is certainly true of Leon McHenry. In talking to him, you quickly understand why the man has employees working for him for five and ten years, meat distributors dealing with him steadily for 20 years. Leon is one of the calmer restaurateurs I've ever met. On the day I interviewed him, a man was waiting to see him and a teenage girl burst into the shop with some urgency, also needing his time. In a gentle, soothing way he made it clear that he would be free as soon as possible. I got his full and complete attention until the interview was concluded. Everyone gets treated like that. Leon, quite simply, is a man who cares.

This comes through in the very relaxed way he sits across the table from me, massive arms hanging at his sides, a mellow chocolate moon of a face and black eyes looking at me directly, occasionally crinkling with humor, as we speak. Though he's achieved success as a kind of San Francisco landmark, Leon was actually born and raised in Tulsa, Oklahoma.

"My father and mother were in the nightclub business in Tulsa. They served barbecue and fried chicken there. And Dad was a politician as well as a businessman. He used to give big rallies with barbecues where we'd roast a whole cow, goat and pig, rotating them around. Everybody loved it. I guess that's where I first got a love for barbecue. And those atmospheres, well, everyone's having such a good time. You start to think about barbecue and you think about good times."

McHenry moved to San Francisco in 1959, starting out cooking in a coffee shop near the Cliff House. Before that, he'd cooked in cafeterias, bakeries and small cafes. But he



Leon McHenry of Leon's in a rare pose—sitting down at a table in his own restaurant about to enjoy his own food. Leon's is one of the few businesses here to make the transition from the old neighborhood to the new. He now has two other restaurants besides the one here on Fillmore Street, and is marketing his barbecue sauce in grocery stores throughout the Bay Area.

—Julie Polunsky photo

wanted a restaurant of his own. "And I figured, when you stand over a hot grill for 15 years, cooking pancakes and omelettes, barbecue would be easier. I used to go down to a little barbecue joint on Market Street that was busy all the time. It seemed so popular, I figured a barbecue would be a good choice."

His first location opened in 1972 on Sloat Boulevard, across from the San Francisco Zoo. "I picked that area because you get a lot of visitors out there, they'd be hungry, there'd be a lot of foot traffic." (Makes sense, seeing meat on the hoof and then crossing the street for meat on the ribs.) Aided by his wife Vernetta, who worked with Leon to devise just the right barbecue sauce, the Sloat location became popular in short order. The Fillmore street restaurant opened in 1977. Eighteen months ago, Leon started his third restaurant at 3600 Taraval Street (at 46th Avenue), where he offers an all-you-can-eat buffet dinner Wednesday through Sunday evenings for \$9.95, which includes ribs, chicken, links, cajun food, seafood gumbo and desserts.

Keeping three stores going means 12-16 hour working days for Leon, who generally arrives at the Fillmore store around 8:00 a.m. to set up, get the brick ovens going, and put the meat in so it will be ready by lunchtime. Then he goes to Taraval to start that one off and generally winds up at the Sloat store to check in with his wife.

"You have to start early because barbecue needs to cook a long time, real slow cooking, so the meat is tender and the fat drips off. I cook my beef and pork ribs and chicken in the brick oven. The sauce goes on when they're ready to be eaten. For cooking, there's just some seasoning like pepper, paprika, a little onion flavoring. And I like to vary the wood. I'll use mesquite, or charcoal, or fruitwood like apricot, peach or cherry wood. Depends on my mood," McHenry says reflectively.

"One thing that's kept my interest in barbecue is that it's such a personal food. You devise it the way you like it. Each place would have its own sauce. It's part of the appeal—no two taste the same. My sauce is a hit, I guess, because I've had so many requests for it. I started to bottle it and now I'm selling it in Safeway and Petri's. I'm planning Leon's Corn Muffin Mix and Barbecue Spice Mix for the near future. And other people are inquiring into the chance to franchise my name. All these years developing, and in the last year, it's finally taking off."

Leon credits much of his success to his wife Vernetta. They've been married 31 years; since he was 20 and she 16. Leon is at his warmest when talking about his wife.

"She's the backbone of my business. We've never had troubles in our marriage. Giving and understanding is what it's all about. My wife is a good friend to me, and I've always known, if you lose the friendship, you lose the wife. Never stop courting your wife. Go home and clean the house, fix dinner sometimes, bring her flowers and candy. I call her during the day, just to check in. No, you never stop courting your wife."

The restaurant business, in a sense, is about courtship. Keeping employees happy. Keeping customers happy. Leon understands this. "I have had bad days. I know they are bad days. When this happens, I don't have nothin' to say to nobody. I just wait until it goes away. You see, the customer isn't always right. Sometimes, when you're really busy, the service will not be the best. People get mad. What can you do? Other people don't like us 10% of the time. That's the way it is. If people were happy all the time the world would be a very dull place."

One of Leon's most colorful employees is a 66 year old German lady named Ruth, who works

Continued on Page 22

TRIO

C A F E

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Up and Down The Fillmore

by David Ish

Baskin and Robbins on Fillmore went out on some tough breaks. Twice in the last month they were the victims of gunpoint robberies. They have closed, which is what the newspapers scotch-taped to the windows is all about...due to what might be thought of as a third robbery, ski-jacked rents at the end of a lease. They had been there 20 years. A long term tenant, but it is interesting to note that it was the only franchised operation on the street if you don't count the banks, and who wants to? What will go in its place? Some essential service like another fashion boutique? Perhaps, at long last, a gelato stand? How could an up and yupping neighborhood like The New Fillmore have gone for so long without the quintessential gelato stand, the cultural archetype of San Francisco regentrification? It's a miracle that we've lasted this long...actually we have little to complain about, I think, when it comes to having a balance of solid essential services mixed with restaurants and boutiques. We have numerous dry cleaners and laundrettes, (although I still here people complaining that the Wash Palace went out of business when all they did was pull a Leon's and move down two doors), plus two shoe repair stores, a bunch of auto repair shops, Grand Central for groceries, Pacific Heights Produce for produce, and you've even been known to occasionally find a cop when you need one. Then there are the little luxuries and entertainments in life. I remember one night a few years ago when I lived on the north side of Sacramento Street between Fillmore and Steiner, a couple of blocks away from my present address, going out one night for dinner and a movie and a pop on the way

home. Had dinner at Ten-Ichi, (see opposite page), caught the movie at the Clay, and stopped for a drink at the Hillcrest. It occurred to me as I was reentering my apartment that I had not so much as faced a traffic light or even stepped off a curb. You want to tell me there's some way to beat that!

Western Addition Neighborhood Association is upgrading its usual sparse and simple meeting in the St. Dominic's Parish Hall with coffee and maybe cake if your lucky afterwards, in favor this month of ...are you ready for...champagne and hors d'oeuvres at the poolside fitness center of the new 2000 Post Street luxury apartment complex. Actually it was a very generous offer on the part of 2000 Post to host a meeting for WANA, given that they are already built, or nearly so, and hardly grovelling to have their plans approved. They are in fact working hard at being party of the community here, and maybe even going out of their way to help create it a little bit. Landa Gee, who is the on-site marketing manager of the project has been making the rounds making it clear they have a stake in a strong community and that they very much intend to be good and helpful neighbors.

There's a rumor going around, circulated and partially believed by some of my staff that Ed Schwartz, who writes the Fillmore Food and Wine column adjacent to this one is none other than a mere pen name for yours truly, a device concocted to keep my byline from appearing throughout the paper. This has Ed a little upset, but given the huge sum of money I pay him every month for his efforts, I can't see why he insists on readers understanding that he's a real person as well as a rich one. The confusion and rumor started when I told my staff he was coming to our party last month and he didn't show, confirming the fact that since I said he was coming and I was there I must be Ed Schwartz. Well, no matter. I intend to put this matter to rest next month by publishing Ed's picture with the column. But, hey, can I help it if he looks like my twin brother?

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The New Fillmore's just fine for fine wine

by Ed Schwartz

Fillmore Street is trend setting in many ways. One surely is in wine Fillmoreans quaff.

There's an overall malaise in the wine business today, if you look at the wine business as a single entity. The reality is that there are several wine businesses, and the top end of the wine business is where a lot of the action is. For several reasons, people today aren't drinking as much as in the past, so if they're drinking less, they are at least drinking better. And that's the case, pun intended, with wine action on Fillmore Street.

Steve Jones is the wine buyer for the Cafe Majestic. Since the menu is well-thought out, so is the wine list. "We select wines that pair well with our menu," according to Jones, "wines that are easy to drink and ready to drink."

Jones notes a trend toward red wines. Some 40% of the wines sold now are red. Reminds me of Leon Adams' favored line—every wine would be red if it could.

In white wines, popular at Cafe Majestic are Chardonnays by Sonoma-Cutrer, Neyers, Edna Valley and ZD. Fast selling Cabernet Sauvignons are McDowell, Shafer, Clos du Val, Chateau Montelena, and Lake Spring, and Pinot Noirs of Saintsbury, Walter Shug and Chalone leading the field.

The restaurant also has a fair share of French wines and sells those whose taste is not comparable to California wines, especially good Chablis, Vouvray and lighter reds.

"When we first opened, we had a more shotgun approach to wine purchasing, now we are honing down our list a little. When we have a fairly large party, we suggest some white and red wines although most of our patrons don't

need prompting. Fifty percent of our tables order a bottle of wine at some point in the meal," according to Jones.

Because of the slightly "older" crowd, cocktails are still in the picture with martinis first, followed by scotch-based drinks, manhattans and old-fashioned.

Dessert wines also are suggested, with Phelps wonderful and unique Scheurebe (pronounced Shoy-ray-buh) and Castello's Gewurztraminer popular items.

Pacific Heights Bar and Grill is a California wine paradise. Susie Bashel is the wine buyer and there are 90 still wines on the list, all California. Because PacBag's menu lists lots of fresh fish, oysters and seafood dishes, it's no wonder that white wine outsells red by a wide margin. Chardonnay is the biggest seller by far, with Sonoma-Cutrer, Jordan, Raymond and Flax leading the way. Bashel's favorite Chardonnay on a personal taste is DeLoach. Chardonnays outsell Sauvignon Blanc by 3-1, and of the Sauvignon Blancs, Grgich Hills, Cakebread and Iron Horse are front-runners.

The restaurant also does a very big business in sparkling wine, much of it coming by the glass, and Domaine Chandon is the long favorite here. Since the restaurant has a dessert list, dessert wines and ports also do well. PacBag, incidentally, was just written up in Restaurant News, where noted wine writer Mort Hochstein praised the restaurant for its top spirits brands at the bar.

Speaking of champagne and Fillmore Street, that gets right to the heart of things at D & M. That store must sell more champagne than any store in the Bay Area. If you want to prove it, just come around during the holiday season.

Continued on page 10



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WINE

From page 9

They'll have what you want, but you will have to wait in a long line to get it.

Chip Bailey at D & M notes that the store will carry anywhere from 170 to 190 different Champagne and sparkling wine brands. The top selling brand by far is Veuve Clicquot, with Mumm's and Moet following. D & M is very fond of a small brand called Le Chere, which bottles a special cuvee for the Orient Express also available at D & M. So if you can't afford a ride on the Orient Express at least you can keep track of what riders are sipping.

Bailey notes several trends - Chardonnays and Cabernets are still big, but there is a leaning away from heavy to lighter style Chardonnays, a move toward Sauvignon Blancs and a

growing trend toward softer reds - Pinot Noirs and Merlots. "Our best-selling brands are the top of the lines—Chateau Montelena, Chalone, Grigich Hills, Matanzas Creek and Stags Leap. Wines coming up are Silverado, Groth, Trefethen and Pine Ridge."

Mark Mitchell at Bi-Rite Liquors does a very good business in mid-range California wines. "Wines this level are in demand now, and even if the names aren't familiar, these wines are good values," according to Mitchell. "We sell a lot of Glen Ellen Chardonnay, R.J. Phillips, St. Andrew Fume Blanc and wines of Mendocino Estate." In the \$8-\$12 range Mitchell moves Beaulieu Vineyards Cabernet, Clos du Bois Chardonnay and Sauvignon Blancs produced by Robert Mondavi, Fritz and Flora Springs.

If there is a trend, Mitchell finds it in Zinfandel. "Zinfandel has fallen a little out of favor with the wine snobs, so that Zinfandel grape prices have come down a bit and this is reflected in the prices today," notes Mitchell.

That's the message from Fillmore's savvy wine world—with prices today, there are some excellent values in California wine, and you don't have to go any further than Fillmore Street to find and enjoy them.

Ed Schwartz is a famous food writer who lives dangerously close to the neighborhood.

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Mystery in the sun: Mexico's Yucatan Peninsula

There is a place I know where it is possible to enjoy a sun-drenched, white sand vacation among the people of a lost civilization. Over the jungles and dry plains of the Yucatan Peninsula tower stone monuments dedicated to a culture and people that had all but disappeared by the time of Columbus! On your map, it is that expanse of continent that appears to jut into the ocean like a thumb, separating and defining the Gulf of Mexico and the Caribbean Sea. Today it is home to the marvelously resilient and unspoiled people, the Mayans.

A thick rain forest blanketing the land approach to the peninsula can probably be credited for helping to make this province of Mexico so unique. The Spanish conquistadors never managed to cross it to subdue the Indians here. In fact, the Mexican government took absolute control of the region only as late as the 1800's. To this day, the people remain fiercely proud and independent and continue to speak ancestral language among themselves despite all efforts by the authorities to discourage its use and to bring them into the Mexican culture.

While living in the Yucatan for some months, I found the Mayans to be friendly and open. Everyone appears well-fed and content with the bountiful living they receive from the waters surrounding their land and the good crops they reap from it. I suspect this accounts for their reticence to modify their customs to the modern era; the success

they have already attained over their environment may make them question the wisdom of those who would offer technological temptations. Their pride in their past is always in evidence by gigantic monolithic pyramids that dot the region. These huge and virtually intact temples tower over the tallest buildings of the towns and throw shadows that must awaken memories to the time when noble ancestors made this area the center of the powerful and far-reaching Mayan Empire.

A trip to the Yucatan isn't only the delightful people, however, nor is it the fanciful exploration of pre-Columbian ruins; it is also a trip that includes first-class dining, luxury resorts and one of the greatest scuba and snorkeling reefs in the world.

The capital of the province and location of the main airport is *Merida*. Known among the population as the 'white city', it remains one of the cleanest towns I've ever been in. The French and Spanish Colonialists founded Merida and left a legacy of white-washed, french-windowed mansions lining wide, tree-shaded boulevards and a continental flavor that once earned the city the title "Paris-of-the-West".

Your first stop on a visit here should be the huge market place. Everything used by the populace is sold here, from religious statues to refrigerators. I always made it a point to up-date my tropical wardrobe on my visits to 'town'. Sandals, cool loose woven clothing and hats are de-

rigueur for the climate of the Yucatan. My favorite hat shop will shrink or expand their Panama hats to a perfect fit for each customer.

Once outfitted, you are ready to participate in a great Spanish custom, the promenade. This is done in the *Zocalo*, or central plaza. Merida's zocalo is formed on two sides by the Yucatan's oldest Catholic cathedral and the historic Governor's Palace. Here young couples court under the watchful eyes of chaperones, parents stroll with their children in the warm evening and old men sit and observe their world passing by.

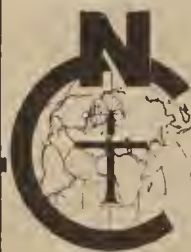
Located just off the Zocalo are Merida's best hotels and restaurants. Whenever I became nostalgic for excellent continental cuisine, I would head for the *Hotel Colon*. The intimate restaurant there is set in a lovely garden courtyard with its tables discreetly placed around a cheerfully bubbling fountain. After spending weeks in the remote village where I lived, I remember how urbane the Swiss maitre d' seemed and how wonderfully the French chef prepared

the delicately flavored sauces. For a moment I was back in Paris.

After a stay in town, one really must visit two of Mexico's greatest archaeological treasures, *Uxmal* and *Chichen Itza*. They are located 60 and 120 miles respectively from Merida. As are all Mayan remains, these great cities were primarily ceremonial sites and home for the Priest-Kings. The massively scaled, beautifully proportioned and lavishly decorated buildings give ever-lasting witness to the sophistication, grace and power of the civilization. Every architectural feature of the temple complexes seems almost mythically significant.

Plan to spend a day at *Chichen Itza*, furthest out from Merida and almost exactly half-way to the resorts of the Caribbean. An interesting phenomenon happens here - during the day, from the tops of the pyramids, the surrounding countryside seems to be just a soundless, thickly wooded region. Come sun-down, however, it is almost as if someone switched on a tape recording of exotic jungle noises...bird calls

Continued on page 21



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The New Fillmore-- After a Fashion

by Kathi Wheeler

Black Stabbing

It's March. The light changes, Spring begins and days get clearer, sunnier--slowly gaining warmth. Wear something that reflects that. Wear white. Spin a color wheel and what do you see? White, pure and simply, the reflection of all color. Meaning quite literally, 'to shine.' Wear the reversal of color saturation, which is that all-encompassing color black. Since most people's wardrobes are at least partially saturated with black leggings, minimal jackets, sweaters or shirts plus anything in black leather--why not wear the opposite, white?

Black and white mixed together in separate pieces or in one of the newer combinations of stripes, checks or polka dots is seasonless—a good way of changing the focus of your clothes without letting go of the de rigueur 'urban-ness' of black. Maybe it's role reversal, maybe it's black hole burnout, but come Spring (officially March 21 but actually whenever the sun comes out at this point), fashion, at least in daytime dressing, is headed for a white-out. 'VOGUE' is calling the look, "A Cool Hand," playing it as the clear-headed style for

suitings. Major department stores, who love to label trends, are calling this one just plain 'White.'

Almost every designer on the Spring runway came up with at least one suit in all white--Oscar de la Renta does a peplum jacket with a scoop neck over a short, tight skirt; 'forties-style' shapely tailoring helps turn out a slim suit by Thierry Mugler; at David Cameron it's a high-collared, trench jacket belted over a short skirt. Less structured casualwear is being influenced once again by petticoats--white lace, scalloped edges, with 'fifties-style' bustiers attached or separate from the skirts. It moves past white into feminine--but it all adds up to playing with fashion, finding the best of San Francisco designers or your favorite ready-to-wear right here in the New Fillmore. One of the easiest and most time-saving ways to discover dress, suit, eveningwear and accessory designers here in San Francisco is to employ a fashion consultant who represents them. Liz Wilson, whom I profiled in last June's issue of The New Fillmore, offers wardrobe consultations and renovations, invitations to trunk shows and special designer showcases, plus the personal

services of each designer (when you visit their studios direct, they usually do personalized fittings, etc.). Brian Federow's show is the first week of March, other Spring collections are happening soon. For more information, call Liz at 922-9164.

At MIO, ready-to-wear goes Western, with bright white swirling skirts and matching shirts adorned with standup front yokes and inlaid turquoise blue stones. Their 'forties-style' overcoat comes in soft white, with deeply notched collar and trench detailing. You'll find white on white patterned silk suit blouses, stretchy knit dresses, plus over-

sized white cardigans trimmed in linen with matching knobby-knitted white pants (leggings seem to be cut looser this season, moving away from long-john tightness).

COUP DE CHAPEAU's warm weather line of millinery is sleek and in vibrant color--small brimmed styles, pillboxes, and leather or patterned fabric-trimmed berets match up perfectly with the sleeker day suits being offered now. When you want to stand out, a hat--even a small hat--does it. My favorite at Coup de Chapeau

Continued on page 19





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Looking Good

by
Elana
Laub

Mirror, mirror, on the wall

Beauty is in the eyes of the beholder. . . unless they're your eyes looking in the mirror. Somehow, that mirror magnifies all of our faults. To add insult to injury, we often buy a triple-magnification mirror. Clever, huh?

We see things that no one else sees, but we think they do. I knew a man who was studying psychology and he confessed that he had "a very serious hang-up"—he hated his freckles! I did a double-take—not only hadn't I noticed his freckles, but upon closer inspection, I could barely even make them out! But to him, they were quite real and noticeable enough to have made him extremely self-conscious.

Usually, women are more inclined to carry around this kind of unnecessary baggage. They come into our stores every day to ask advice and point out their flaws. . . . most of those flaws seen only by them. Why are we so hard on ourselves? You wouldn't walk up to a stranger and say, "Look at those wrinkles" or "I hate your thighs" or "your nose is too big" or "your eyes are too close together" or "you look ugly today." But we are often saying something very much like that to ourselves.

If you always point out your flaws, not only will other people notice them (which they probably would not have otherwise), but you create a self-fulfilling prophecy -- your body listens and responds to what you tell it!

The best beauty treatment you can give yourself is to be your own best friend and to love yourself. It's that simple. All the cosmetics in the world won't work as well or do the job any better. Don't take yourself so seriously -- keep your sense of humor. But do fall in love with yourself. After all, you're the only person you can ever really count on to be living with for the rest of your life. You may as

well be kind to yourself and stop looking for all those flaws—start recognizing the beauty within you. In the past, you may have criticized yourself and found it hard to love the person you saw in the mirror. Now is the time to replace that negative vision with positive 20/20.

Look in your mirror every day and say, "I LOVE YOU!" Pretty soon, you'll believe it!

All of the products recommended in "Looking Good" are available at all BeautyStore locations (Fillmore Street and three others). If you have any questions, come by and our experts will point you in the right direction!

"Looking Good" appears monthly in *The New Fillmore*. Elana Laub is co-owner and vice president of BEAUTY STORE.



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Mio's mannequined balcony gives stature to her store on Fillmore between California and Pine Street



Silk screen panels boldly break up the Solaflex Salon at the corner of Bush and Fillmore

Vertical elements and again a balcony heighten the experience of being in Bolla's on Fillmore between Pine and Bush



Architect Robert East, who lives here in the neighborhood designed this archly optical environment for Invision, also between Pine and Bush on Fillmore



Putting Nutrition First

by
Dr. Richard Kunin

Are you nutrition deficient?

Nutrition laboratory diagnosis is now so affordable that it should become routine medical practice, right along with the blood count, urinalysis and chemistry panel. Advanced laboratory technology makes it possible to measure blood vitamins for less than a fifth and blood minerals for less than a tenth the cost compared with a decade ago. Unfortunately, most health professionals are trained to believe that nutrition disorders occur only in cases of alcoholism, intestinal malabsorption, infection and severe weight loss. However, many large health surveys show widespread deficiency of vitamins and minerals in America, and amongst hospitalized patients the incidence of measurable deficiency ranges from 30 to 70 percent.

Here are a few types of cases that commonly look for the help of the Nutrition First physician after "nutrition last" medical orthodoxy has failed -- or worse, put the onus on the patient as a hypochondriac or neurotic.

A 38 year old woman consults because of chronic fatigue. She looks ten years older than her stated age. All the usual medical tests are normal and she has been referred to a psychiatrist for her "depression". Lab tests of blood levels of vitamins reveal a low level of cobalamin, vitamin B12. Injections of this vitamin restore her energy in a week and in a month her friends all exclaim at how much

better she looks. Because she did not have anemia or neurologic degeneration, which are the hallmarks of advanced B12 deficiency, her previous medical consultants had not considered vitamin deficiency.

A 24 year old woman finds herself semi-disabled for several days before her menstrual periods because of irritability, headache and depression. Her menstrual periods are regular and her gynecologist assures her that her hormones are normal. She takes a vitamin supplement that she purchases at the supermarket. Blood tests show low magnesium in the blood cells, which we now know is a common cause of pre-menstrual symptoms. Her vitamin tablets did not contain significant amounts of magnesium. Therapeutic magnesium supplementation is associated with significant improvement.

A 51 year old man, always health conscious and athletic, has had to give up tennis because of persistent pain in his right shoulder for the past year. Self treatment with vitamins, applications of DMSO and injections of cortisone have failed. In addition he admits, reluctantly, that he has lost most of his former sexual prowess. Laboratory tests reveal that he has accumulated an excessive amount of iron, probably due to regular intake of multivitamin tablets with iron that he has taken for ten years. His shoulder pain improved within a day of his donating a pint of

blood at the blood bank (this removes excess iron). His erectile potency improved significantly in the next year, seemingly better after each blood donation. Without careful laboratory measurement this diagnosis would have been overlooked.

A 54 year old woman suffers recurrent bladder infections. Repeated courses of antibiotic treatment have given no permanent relief. Blood tests are normal though urine cultures showed various bacteria and many pus cells with her recurrences. Vitamin panel testing now shows blood Vitamin A in the bottom 10% of the "normal" range. Supplementation with Vitamin A and general nutrient-dietary improvement is followed by complete freedom from relapses for the first time in 2 years.

Nutrient therapy is not fully integrated into our present medical practice. Nevertheless, the classical vitamin deficiency diseases--scurvy, pellagra and beriberi and rickets--are the most

Continued on page 17

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NUTRITION

From page 16

scientifically well-defined areas in all of medicine. At the other end of the spectrum, the existence of sub-clinical nutrient deficiency, capable of producing symptoms, is still controversial. The pity of it is that these sub-clinical deficiencies probably apply to all of us at some time or other and the results can cover the gamut of medical disorders.

Think carefully about the experience of Dr. Karl Folkers, who has confirmed that "sub-clinical deficiency" of Vitamin B6 is an important cause of carpal tunnel syndrome, a painful condition of the wrist and hand. And consider the implications of his finding that successful treatment requires time so that enzyme levels can build up and tissue repair can be completed. This can take months.

Dr. Folkers, director of the Institute for Biomedical Research at the University of Texas, is well known for his discoveries of the chemical structures of both Vitamins B12 and B6. He was honored with the 1986 Priestley Medal, the highest award of the American Chemical Society, and in accepting the honor

he lectured on his recent work with Vitamin B6 in treating carpal tunnel syndrome. Until now the cause was unknown and it was often necessary to treat by surgery to decompress the trapped nerves in the wrist.

Dr. Folkers says: "The majority of people on no daily vitamin supplement may have subclinical deficiencies of vitamin B6, and only a few percent on no supplement have no deficiency."

"We thought that a double-blind trial of giving Vitamin B6 to patients with the carpal tunnel syndrome for a period of six weeks was conservative and sufficient, but the trial was a dismal failure. You can imagine what the neurologists thought when the trial was a failure. After another year at biochemistry, I arranged another blind trial for 12 weeks and it was a success."

As Dr. Folkers says, "Physicians are accustomed to prompt clinical responses to drugs in an hour, a day, and are skeptical about waiting for months for positive responses from a vitamin."

We now have the knowledge that vitamin and mineral levels are an important window into the

Continued on page 22



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The Interior Life

by
J. D.
Dangerfield

March in like a lion

From the moment a guest, be they first-time visitor or long-standing friend, enters your home or working environ, that person will be receiving design impressions -- visual, tactile, auditory and olfactory. Make certain those signals are the ones you want conveyed and then, be BOLD about it!

In designing our space, we should look to nature and the changing seasons for color ingredients and other elements of design. As we near spring — a rebirth, a warming trend, it is the perfect opportunity to capture some of that vitality and incorporate it into our own schemes and dreams.

Take a theme. You love exciting stretches of colors, bright patterns and exotic designs. Your lifestyle calls for order and convenience, so you avoid clutter and prefer a straight-forward approach to furnishings. Start at the main entrance. Space permitting, choose an exciting, even avant-garde piece of art (preferably sculpture, preferably huge, and of a metal). Place it within view of the door and the first steps into the entry. This makes for an immediate point of aesthetic interest and a great personal statement. Backdrop this piece on a boldly painted (try sponging or texturing) expanse of wall. Introduce moldings or other architectural framings for even more impact.

Two on our list. . . audible enhancements. Design, remember, is not totally visual. Incorporate some of your favorite sounds to background your space. Fabulous tapes of your favorite artists, recordings of whales' songs, instrumentals, noises of nature (wind, rain, seashore, etc.) or synthesized music will all add a wonderful dimension to your overall design.

Third, Glade and other air fresheners would not have been as successful were it not true

that scent plays a key factor in our homes, offices and just about any place we care to spend any length of time. Stale, musty and other unpleasant odors will turn off anybody in a minute. Be mindful to keep your space free of any food, clothing or pet problems. Certain herbs or potpourri in a bowl can alleviate some staleness in the air. Fresh flowers, done in an exotic design, can provide a focal point as well as spread their fragrance through a room. Today's market of floral stems and fronds is varied and incredibly available.

Fourth, furnishings. Remember, for a bold effect, less is more. If you love the dramatic, the sleek, elegant line, choose your pieces selectively, as each piece will carry considerable significance. Look to an extended divan, a fainting couch, or twin sofas. Also, choose for comfort, as you will be spending, what should be, very relaxing moments on your upholstered pieces. Size, color, texture and pattern can be as exaggerated as you are. Companion patterns are very popular and easy to work with. The manufacturers have made them readily available. Collect and compare swatches. And, be sure to sleep on your decisions. Colors and patterns look different in morning and afternoon sun, and at twilight and evening, when natural light is not present.

Lastly, lighting is always crucial to a room. It can flatter...or shatter. Tall torcheres with flared glass or metal bowls are gorgeous fixtures for a dramatic setting. Oversized chandeliers can cast a wonderful light to a room as well as being a point of interest. Exposed, linear tube lighting can, too, make a statement in a room. Whatever your preference, avoid harsh lighting as it is a strain on the eyes.

If your bold personality is yearning to be expressed, then make no excuses for yourself and master your own living or working space after your personality. Brave and bold ideas can translate into breathtaking and stunning designs.

J.D. Dangerfield is an interior designer who owns "La Temps Perdu," a new antique and vintage consignment store on Divisadero between Bush and Pine. She invites your inquiries on interior design.



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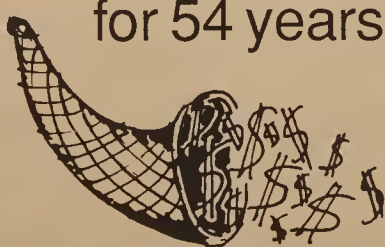
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FASHION

From page 13

right now is the soldier/boy scout cap in embossed leather. In white/grey or varied shades of color-plus-black, it's the kind of hat that works with a suit or oversized jackets and pants, anything. The one hat to have if it's your first venture into the land of the covered head.

AT LARGE

There's an interesting new concept turning up in fashion magazines--a special advertising section set up as a fashion pullout that features gorgeous large models. Put together by a New York company called 'Fashion Plus,' the published editorials are mixed with full-page ads from large-size-women's clothing companies. Their philosophy is, "Style is Not a Size," bearing witness to the fact that, "women who are bigger than an arbitrary ideal not only exist but have a lively and exciting place in the world. And want to look their best. Always." Right here in the neighborhood, at 1913 Fillmore to be exact, there is a designer who has been committed to that philosophy for years. Mary Lou Walden, designer and owner of **THE COMPANY STORE**, seems a strange representative for her fashionable line of women's clothes for sizes 14 to 24--she stands about five feet tall. But her designing passion stems from nine years ago, when she first entered the business: "I was all of a raging size five," she says, "but back then I was appalled at what was selling--or I should say what wasn't being sold--to women who weren't the average size eight." Starting with her own comfortable designs that were young and sophisticated in feeling meant stores didn't know where to place her lines. "There would be seas of plain, older-type clothes with my one rack of upbeat fashions," Walden remembers. Soon she opened an outlet for her own designs, then decided she wanted to offer other lines as well.

Five years ago she went solely retail, selling her dresses, jackets, skirts and tops exclusively on Fillmore Street. Her present location offers her line, 'Lady-Like', in pure cotton knits and other natural fibers. Almost everything they carry is natural fiber, and she recently added sizes 8, 10 and 12 in her own cotton knits because of customer demand. Prices range from \$50 for a knit skirt to special occasion dresses topping off at \$300. There'll be lots of linen for summer, and Walden has always carried a huge stock of matching accessories, because, "mainly I have such a good time with them." Her spare styling lends itself to jewelry adornment.

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COMMUNITY BOARDS

From page 2

They suggested Small Claims Court, whose clerk in turn recommended Community Boards. Gil Lopez, of the Fillmore Office staff, learned the details of her problem, then visited the apartment to talk to the wife. She was impressed with the Community Boards concept, which helps people air disputes and discuss and resolve them in a way that makes neighbors more friendly and communities more peaceful. This conciliatory approach appealed to her, and she reconsidered both keeping the possessions and demanding payment of the \$1000. Early the next morning the textbooks, clothing and other belongings were returned, and while the women may never be friends, at least they are no longer at war.

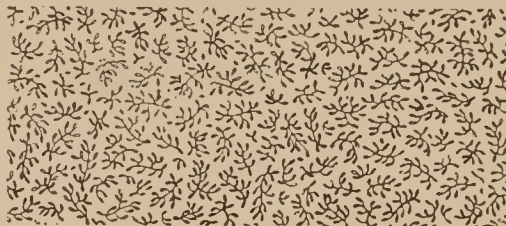
Joan Carson, a new volunteer who lives in the Upper Fillmore, talked about a highly emotional conflict among three neighbors. Two roommates called Community Boards because they were concerned about noise made by their neighbor. The neighbor agreed to come to a conciliation hearing, because she felt it was a worthwhile way to work out their longstanding differences.

"The hearing was incredibly positive," said Joan. "The conflict had been going on for more than two years. The three of them

walked into the room not even speaking to each other. Then, with the help of the volunteer panel, they gradually began to acknowledge each other's cooperative efforts." They left the hearing with one major issue resolved - scraping kitchen chairs on the floor. They also knew that a second session with Community Boards could be arranged, if necessary, to discuss the other noise issue, stereo volume.

Nancy Hopkins was one of the volunteer panelists during their conciliation meeting. "It was great to see these former adversaries recognize how much they really have in common as neighbors and to cooperate in solving their problem," she said later.

Do these common conflicts sound familiar? If so, don't suffer anger and frustration any longer. Call Stan or Gil at the Community Boards' Fillmore Office for quick relief, 864-4890.



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YUCATAN

From page 11

and strange cries emanate from the gathering darkness. The cacophony of sounds forces one to flee the unknown to the comfort of the hotel.

Upon reaching the coast, the visitor is faced with a pleasant decision; which resort best fits his particular desires.

At *Cancun*, one finds a modern, controlled-access resort of marvelous beaches and luxury hotels. Everything here is self-contained and maintained to the best American and European standards. In fact, the site that *Cancun* occupies was picked by computer some 15 years ago as providing the best combination of climate, beach, water temperature and activity potential in Mexico. The resort complex was subsequently built.

The night scene is filled with the world's trend setters. During the day ferries leave on the hour to various points of interest along the coast.

A small plane or ferry will take you to the large island of Cozumel, 23 miles out into the sparkling blue waters of the Caribbean. Renowned as a 'get-away' fishing village/resort, the scuba and snorkeling here is world-famous. Offering in excess of 300 feet underwater visibility and sitting astride a barrier reef, it's not unusual for almost every third person you see to be carrying a dive or snorkel bag. Cozumel is famous for this activity for good reason. The flora and sea life of the inner reef is literally stunning in its complexity, a virtual kaleidoscope of living color. While snorkeling, we watched our guide bring up lobster after lobster. Later he prepared a barbeque of our catch on the beach.

Another ferry ride will take you to *Isla Mujeres*, 'isle of women', a personal favorite of mine. A slender spit of rock and sand 5 miles long by 1 mile wide, it offers the simple

life supreme. This is the archetypical beachcomber's island, barefoot and casual. It sits astride the same barrier reef as does Cozumel and also offers fabulous diving, but with a bit more rustic and cozy atmosphere. Although little more than a speck in the ocean, *Isla Mujeres* offers surprisingly good restaurants and adequate accommodations. Two of my fondest memories are of riding the back of a giant sea turtle and of feeding fish off the beach at Garrafon Park. They were so tame they swam between my legs and actually jumped out of the water to take crackers from my outstretched hand!

Near Garrafon Park is one of the small Mayan temples that seem to pop up everywhere in the Yucatan. It is said the Spanish gave *Isla Mujeres* its name after discovering this temple and finding it surrounded by thousands of clay figurines fashioned in the shape of robust women.

The list of other Mayan ruins is extensive. Kabah, Edzna, Coba, and Palenque are all different and fascinating. Given the length of your trip, and your stamina for this activity, they are worthy of exploration. One other ruin, however, stands out in my memory: the walled city of Tulum. A picture-perfect setting on the Caribbean coast, and its proximity to Cancun, make it a good day trip. Constructed relatively late for a Mayan city, 1200 A.D., its uniqueness is exemplified by its surrounding wall. All other Mayan cities show no evidence of such walls. The Maya prided themselves on their fierceness in battle and are thought to have used confrontational tactics. I wonder who their enemy was, that late in Mayan history, that caused them to adopt a defensive strategy? Whomever, or whatever it was, is lost in time. Of the Mayans, only a few statues, some old stone, and a strong-willed but peaceful people remain to bear witness to their passing.

Susan Campos is Vice President of Pacific Heights Travel.

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LEON'S

from page 7

in the Fillmore store. Some customers find her a bit ascerbic - coming in for ribs, it's as if they get grilled. But Leon feels that "People come in with an attitude. Business is hard - there's tension all the time. Customers are demanding. If anyone gives Ruth a hard time, she gives one back. But really she's the sweetest, nicest person. Some of the regulars holler, 'hey, Momma'. It's like with anyone else. The secret is knowing how to treat someone nicely and they'll always be there for you."

Once Leon figured he was onto a good thing with barbecue, he's kept his menu pretty basic all these years. Pork ribs, these days selling for \$8.95 on the dinner menu, are the most popular item. When you have a meal at Leon's you get meat with a corn muffin, and a choice of baked beans, potato salad, cole slaw or spaghetti. You can have Bar B-Q beef, chicken, hot links, or beef ribs. There are whole slabs of ribs available, sampler plates, and chili, hamburger or salad for those who want something less substantial or messy.

"You can't change the menu around too much. It gets too difficult. And once you've built up a following, you got to give people what they're looking forward to, what they come back for. It's like a trademark."

The changing Fillmore neighborhood has meant changing decor for Leon, a scaling down in size as well as upgrading in style, of the restaurant. "They say Fillmore's becoming another Union Street, and the rents are going sky-high. It's certainly changed since I started here. When I opened, it was 20 cents a square foot to rent, and they were having trouble renting out all the stores on my block. I got a 10-year lease. Then it became 45 cents a square foot. Once the neighborhood began changing, or, around five years ago and my landlord changed as well, rents quadrupled. I simply couldn't afford to keep the old store at the size it was."

Leon is philosophical about the changing neighborhood and changing times. "When I went into this business you could get ribs for 75 cents a pound. Now you pay \$1.50 almost all the time. And when you cook 'em, you lose half the weight in fat dripping off. PG&E costs go up and down. What can you do? You have to keep your product as good as you can, make sure it's personal, and everything is done right. Then you've got your following and you hope they keep coming back."

Because barbecue is such an unpretentious food, Leon will probably always be in business. It appeals to everyone. It's not expensive. It's tasty. In the last five years, barbecue has turned out to be one of the more popular food trends, not only in the U.S. but all over the world. Barbecues have opened in France, England, Japan. Will Leon open branches beyond San Francisco? Right now, he's happy with his three Bay Area restaurants. As he puts it, "If you keep your doors open, you must be doing something right."

—Leslie Harlib

NUTRITION

From page 17

world of medical diagnosis. Deficiency can be easily detected by means of the new technology of protozoal bioassay and spectrophotometry. This is especially valuable in the case of sub-clinical deficiency states, which are otherwise undetected. However, the technology is under-utilized. In the medical world today, successful diagnosis and therapy are more likely if we put "Nutrition First."

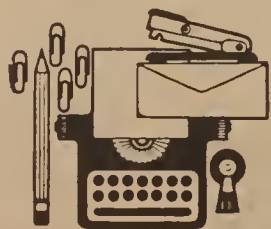


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FILM FESTIVAL

From page 5

ions, animated and experimental works. The three winners: John Junkerman's HELLFIRE: A JOURNEY FROM HIROSHIMA, Gordon Parks' MOMENTS WITHOUT PROPER NAMES, and the Brothers Quays' STREET OF CROCODILES. Awards for the broadcast television division will be announced earlier in the day at the Exploratorium's McBean Theater at 5:00 p.m.

And what's a film festival without parties? Besides the opening event at Kabuki 8 Cinemas and the closing fete at the Palace of Fine Arts, make way for the elaborate OSCARFEST, held at the Palace of Fine Arts on Monday, March 30. Starting at 5:15 p.m. with an Americana dinner, moving into the theater at 6:00 p.m. for the live telecast (the guest who casts his or her ballot to correctly guess the most winners will win a Sony 8mm video camera recorder--runner-up prizes have been provided by the Fillmore and Chestnut Street Merchants) and ending finally with the U.S. premiere screening of a new British film, BLUNT. Second annual honors of "The Akira Kurosawa Lifetime Achievement Award" goes to veteran British director Michael Powell, known for spy thrillers, musical fantasies and particularly his film, THE RED SHOES. Held on April 2nd at the Kabuki 8, the program features an hour-long television film of his career, excerpts from his films, and another feature at the end of the ceremony.

For up-to-date information or program information you can call 221- FILM, or check the Kabuki Theater lobby.

—Kathi Wheeler



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Great Old Houses #11



Temple Sherith Israel was San Francisco's courthouse in 1906.

Temple Sherith Israel, 2266 California at Webster, was a unique design for its superb architect Albert Pissis (pronounced PIE-sis), who usually produced Classical Revival buildings like the Emporium, the Flood Building and the medical library on the next corner at Sacramento. Here on California the mood is weighty, round-arched Romanesque with a touch of oriental. None of Pissis' other buildings has such an emphasis on the heavy horizontal, or such thickly layered clusters of columns and concentric arches. Also unusual for Pissis are the column tops' thick foliage designs crisply carved in sandstone (now painted), the dark and deeply recessed entry porch, the great rose window. Architect and clients must have wanted the building to announce itself as a religious structure, but not a Christian one.

Sherith Israel was one of two Jewish Congregations that by April 1851 had emerged from a tent meeting for the High Holydays in 1849. The rivalry with congregation Emanu-El has continued ever since. Congregation Sherith Israel has always been the more conservative and less prestigious of the two, while the lion's share of membership has swung back and forth between them more than once. The name means "loyal remnant of Israel," which the Jews in Gold Rush California must have felt themselves to be. Congregation Sherith Israel has not trumpeted itself about the community at large or produced any books about its own history; it has gone about its high work quietly, among its own people.

The Congregation's first building was dedicated September 8, 1854, on Stockton north of Broadway. From 1870 into 1905 they met at Post and Taylor, where the Bohemian Club is now. The present building was dedicated September 23, 1905, before a throng estimated at 2,500 worshippers.

Nearly seven months later Temple Sherith Israel survived the great earthquake with only \$1,000 worth of damage. The City soon borrowed it, at a handsome rental fee, as a temporary courthouse. Here under the blue dome with hundreds of sparkling electric lights, by windows showing interlace patterns or psalms, and under ancient religious

symbols painted by Attilio Moretti, political Boss Abe Ruef and others stood trial for corruption in the City's great graft clean-up. Ironically, Ruef's parents were members. Their Rabbi Jacob Nieto tried without success to arrange some sort of plea bargain between Ruef and the crusading District Attorney Francis Heney. But neither was willing to compromise, and in the long run Ruef was the only one of the grafters who went to jail. By the time a newly elected DA dropped the graft cases, the new Hall of Justice was functioning on Kearny where the Holiday Inn is now, and Temple Sherith Israel had returned to the purposes for which it was built. It has remained true to them ever since.

—Anne Bloomfield

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